

FUN AND HEALTHY FOODS FOR LABS

Artis Grady, MEd, RD, CD, CFCS

and

Susie Goebel, BS

Foods and Nutrition I and II Core Standards, Objectives, and Indicators include:

Objective: List the nine recommended dietary guidelines and the key recommendations for each.

Additional objectives include food preparation techniques for grain products, protein foods, dairy foods, salad prep, soups & casseroles, yeast breads, fruits & vegetables, and others.

The focus of this presentation is the implementation in foods labs of the 2005 Dietary Guidelines for Americans fourth recommendation which says:

“Food Groups to Encourage

KEY RECOMMENDATIONS

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Key Recommendations for Specific Population Groups

Children and adolescents. Consume whole-grain products often; at least half the grains should be whole grains. Children 2 to 8 years should consume 2 cups per day of fat-free or low-fat milk or equivalent milk products. Children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.”

While foods labs teach food preparation skills, it is also important that they support the 2005 Dietary Guidelines for Americans by incorporating healthy, nutritious, and fun recipes.

A few of the many websites that can serve as a resource for healthy, nutritious, and fun eating are listed below:

www.allrecipes.com
www.healthy.allrecipes.com
www.lofatlifestyle.com
www.prevention.com
www.foodnetwork.com/food/lf_health
www.deliciousdecisions.org/ American Heart Association
www.kraftfoods.com/kf
www.cooks.com
www.copykat.com/
www.foodfit.com
www.meals.com
www.3aday.org
www.dole.com
www.delmonte.com
www.dole5aday.com/CookBook
www.recipesource.com
www.cooksrecipes.com
www.beefitswhatsfordinner.com
www.otherwhitemeat.com
www.mealtime.org
www.wholegrainscouncil.org/recipes.htm
links to lots of other whole grain companies on this one
www.quakeroatmeal.com/kitchen/recipes/index.cfm
www.conagrafoods.com/recipes/index.jsp

The presenters of this session may be contacted at:
Southern Utah University
Dept of Agricultural & Nutritional Sciences
Cedar City, UT 84720
(435) 865-8041
grady@suu.edu

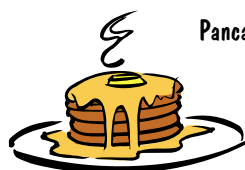
3-A-Day Mealtime Makeovers



Eat 3-A-Day of Dairy — three servings of milk, cheese or yogurt is a deliciously easy way to build stronger bones and better bodies. Give meals a boost in taste and nutrition with these easy 3-A-Day mealtime makeovers. Try milk, cheese or yogurt in fat free and lowfat varieties to meet your taste and nutritional needs.

Meal Easy 3-A-Day Makeover

Breakfast



Pancakes with maple syrup

> **Pancake-adilla:** make a pancake sandwich with 1 cup of fruit yogurt and berries

Toast/Bagel

> **Breakfast Pizza:** melt one to two slices of reduced fat Swiss over lean ham and English muffin

Banana

> **'Nilla Banana Ice:** blend together 1 cup of lowfat milk, banana slices, ice and some vanilla



Lunch



Burger

> **Flavor Blastin' Burger:** combine 1 cup of plain yogurt, 1/4 cup of shredded lowfat Cheddar cheese and taco seasoning to top on extra lean burger (use extra as a dip)

Tuna sandwich

> **Marvelous Melt:** toast open-faced tuna sandwich topped with one to two slices of lowfat American cheese

Chicken noodle soup

> **Super Soup:** make a bowl of chicken soup creamier with 1 cup of lowfat milk instead of water



Snack



Potato chips

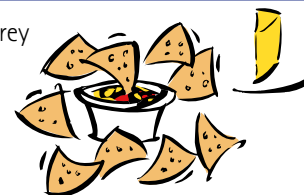
> **Cheesy Fiesta:** eat baked tortilla chips with a chili-Monterey Jack dip (made with 1/4 cup shredded cheese)

Can of soda

> **Mocha Milk Chiller:** try 8 ounces of new lowfat milk flavors such as mocha, cookies-and-cream and orange

Soft pretzel

> **Take a Dip:** dunk soft pretzels in a honey or Dijon mustard yogurt dip (made with 1 cup of yogurt)



Dinner



Spaghetti

> **Rocking Ravioli:** top lowfat ravioli with marinara sauce and 1/4 cup shredded part-skim Mozzarella cheese

Chicken

> **Tasty Taco Salad:** add to salad baked tortilla strips, lean grilled chicken, 1/4 cup shredded reduced fat Colby Jack and 1 cup plain yogurt mixed with salsa

Fish

> **Great Catch:** bake favorite fish coated with Parmesan-bread crumb mixture and dip in "better-for-you-tartar sauce"—1 cup of lowfat yogurt mixed with diced pickle, salt and pepper



Dessert



Candy

> **Peachy Keen Parfait:** layer 1 cup of yogurt with sliced peaches and crunchy lowfat granola

Cookies

> **Mix It With Milk:** mix 8 ounces of lowfat chocolate milk with your favorite cookies or crushed graham crackers

Apple pie

> **Crowd-Pleasing Pairings:** partner slices of apples or pears with a matchbox-sized wedge of Cheddar

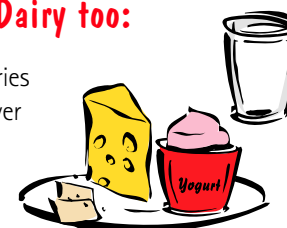


And, here's some mealtime makeovers for mom — she needs her 3-A-Day of Dairy too:

Pancakes with maple syrup > **Pancakes Jubilee:** top pancakes with 1 cup of tangy raspberry yogurt and berries

Burger > **Flavor Blastin' Burger:** dollop 1 cup of savory lowfat yogurt-cilantro sauce over extra lean burger (use extra sauce as a dip)

Spaghetti > **Rocking Risotto:** use 1 cup of lowfat milk instead of water or broth to make a creamy vegetable risotto



For more easy and delicious 3-A-Day of Dairy tips and family-friendly recipes visit www.3aday.org.

33 Trim & Tasty Snack Ideas

Including a dairy snack between meals is a healthy way to keep hunger in check and stay energized throughout the day. In addition, enjoying 3-A-Day of Dairy -- 3 servings of milk, cheese or yogurt each day -- as part of a reduced-calorie weight loss plan can help people lose more weight by burning more fat than just by cutting calories alone*!



3 servings of dairy a day in a reduced-calorie diet supports weight loss.

Milk

1. Rise and Shine:

Get a mid-morning boost with a cold glass of fat free milk and sliced peaches.

2. Strawberry-sicles:

Mix lowfat strawberry milk with fresh strawberry slices and freeze in a popsicle container.

3. Flavor on-the-Fly:

Fat free flavored milks are perfect anywhere you go- just take, shake and sip!

4. Choco-Raspberry Chug

Blend a cup of fat free milk with frozen raspberries and sweetened cocoa.

5. Sweet Milk Steamer:

Microwave a cup of lowfat milk and honey.

6. Banana Split Blenders:

Blend lowfat strawberry milk with banana slices and ice.

7. Morning Mocha

Mix a cup of reduced fat milk with a teaspoon of instant coffee and sweetened cocoa.

8. A Sip of Spice

Warm a cup of milk and mix with Chai tea to warm up the afternoon.

9. Graham Dunk:

Dip a few graham crackers into a cold glass of lowfat milk.

10. Fruity Splash:

Blend your strawberry milk with fresh bananas and ice.

11. Vanilla-Berry Bowl:

Enjoy lowfat vanilla milk with a bowl of fresh berries.

Cheese

12. Salsa Roll-Up:

Roll Monterey Jack cheese into a whole-wheat tortilla and dip in salsa.

13. Cheddar Crunch:

Mix ½ cup of Cheddar cheese shreds with popcorn and pretzels.

14. Veggie Wraps:

Wrap Colby Jack cheese around spears of asparagus.

15. Cherry Tomato Crunchers

Top wheat crackers with reduced fat Mozzarella cheese and cherry tomatoes.

16. Cheese & Crackers:

Layer lowfat American cheese and smoked turkey onto crackers.

17. Seafood Spread:

Mix canned salmon or crab with Ricotta or Mozzarella cheese and eat on pita wedges.

18. Zesty Tostada:

Top a tostada with fat free refried beans and reduced fat shredded Pepper Jack cheese.

19. Chicken Melt:

Melt a slice of reduced fat Colby Jack cheese over canned chicken on an English muffin.

20. Cheese Ka-bob:

Alternate small slices of apples and reduced fat Cheddar cheese on skewers.

21. Lettuce Wraps

Wrap a slice of Swiss cheese, turkey, and Dijon mustard in lettuce leaves.

22. String by String:

Pack light string cheese into your bag for a post-workout energizer.

Yogurt

23. Tropical Smoothie:

Blend fresh orange slices with strawberry yogurt and ice.

24. Cucumber Salad

Mix diced cucumber with a cup of lowfat plain yogurt, mint and a pinch of salt and pepper and spread on whole-wheat pita wedges.

25. Mango Mixer

Enjoy a tropical treat by blending mango, plain lowfat yogurt and a splash of pineapple juice.

26. Parfait Pleaser:

Layer granola and fresh fruit with your favorite lowfat yogurt.

27. Simple Shortcake:

Try pieces of angel food cake with a cup of strawberry yogurt for a heavenly treat.

28. Berry Blast:

Mix blueberry yogurt with fresh blueberries or raspberries.

29. Go Nuts:

Top lowfat vanilla yogurt with a few crushed pecans and cinnamon.

30. Honey Fruit Dip:

Mix fat free yogurt with a dollop of honey for a sweet fruit dip.

31. Yo-on-the-Go:

Enjoy your favorite flavor of drinkable yogurt at the office or on the go.

32. Mocha Mudslide

Stir chocolate syrup into a cup of coffee-flavored yogurt and freeze.

33. Yogurt Pops:

Freeze squeezable yogurt for a quick and creamy popsicle.

"Power of 3" Planner



Power up your day with 3-A-Day — that's three servings of milk, cheese or yogurt for stronger bones and better bodies. This planner offers dairy-licious ways to pique your palate and pack a nutrient punch every day of the week. Try milk, cheese or yogurt in fat-free and low-fat varieties to meet your taste and nutritional needs. For an easy way to recall serving sizes, remember 1 cup of milk, 1 cup of yogurt and 1-1 1/2 ounces of natural cheese. "Bone" Appetit!

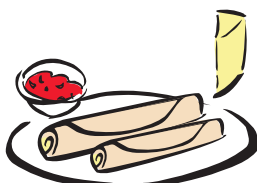
Monday



Breakfast

Breakfast Smoothie:

blend 1 cup of milk or yogurt, fruit and ice cubes



Lunch

Pizza Roll Up:

roll flour tortilla with 1-2 slices of part-skim Mozzarella cheese and tomato sauce for dipping

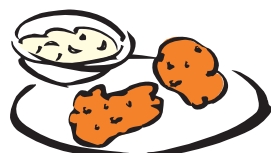


Snack

Yo On-the-Go:

pick up a 10-ounce bottle of cherry-flavored, drinkable yogurt

Tuesday



Lunch

Chicks Mix:

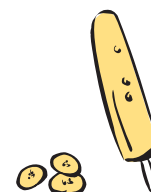
combine 1 cup of plain yogurt and lowfat Ranch dressing mix for a dip with baked chicken tenders



Snack

Cheesy Popcorn:

toss 1/4 cup of tangy lowfat Colby cheese shreds with popcorn



Dessert

Banana Milkshake:

freeze 1 cup of lowfat banana flavored milk in popsicle container

Wednesday



Breakfast

Waffles That Wow:

top whole wheat waffles with 1 cup of strawberry yogurt and berries



Dinner

Cheesy Mac:

bake a single serving of macaroni and top with 2 tablespoons of grated, robust Parmesan



Dessert

Mousse Madness:

stir together 8 ounces of lowfat chocolate milk and lite frozen whipped topping

Thursday



Breakfast

Milk Steamer:

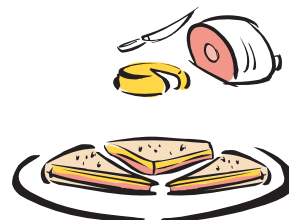
warm up 1 cup of flavored milk sprinkled with cinnamon



Snack

Super Snack:

dunk fresh veggie sticks into 1 cup of yogurt mixed with taco seasoning



Dinner

Ham and Cheese Quesadilla:

layer 1/4 cup of shredded reduced fat Monterey Jack with slices of lean ham in tortillas

Friday



Breakfast

Egg-cellent Cheese Omelet:

melt 1-2 slices of Cheddar or Provolone cheese in egg white omelet



Lunch

Topped Tater:

spoon lowfat chili and 1 cup of plain yogurt atop baked potato



Snack

Pretzel Wrap:

roll a fat free pretzel rod in 1-2 slices of reduced fat Swiss cheese

For more easy and delicious 3-A-Day of Dairy tips and family-friendly recipes visit www.3aday.org.